Supplement C. Risk of bias assessment

a) Quality Assessment Tool for Before-After (Pre-Post) Studies with No Control Group

Domain/Study	Altomare et al. [20], 2017	Vigorita et al. [16], 2017
1. Was the study question or objective clearly stated?	Yes	Yes
2. Were eligibility/selection criteria for the study population prespecified and clearly described?	Yes	Yes
3. Were the participants in the study representative of those who would be eligible for the test/service/intervention in the general or clinical population of interest?	Yes	Yes
4. Were all eligible participants that met the prespecified entry criteria enrolled?	NR	NR
5. Was the sample size sufficiently large to provide confidence in the findings?	No	No
6. Was the test/service/intervention clearly described and delivered consistently across the study population?	Yes	Yes
7. Were the outcome measures prespecified, clearly defined, valid, reliable, and assessed consistently across all study participants?	Yes	Yes
8. Were the people assessing the outcomes blinded to the participants' exposures/interventions?	NR	NR
9. Was the loss to follow-up after baseline 20% or less? Were those lost to follow-up accounted for in the analysis?	Yes	No
10. Did the statistical methods examine changes in outcome measures from before to after the intervention? Were statistical tests done that provided p values for the pre-to-post changes?	Yes	Yes
11. Were outcome measures of interest taken multiple times before the intervention and multiple times after the intervention (i.e., did they use an interrupted time-series design)?	No	Yes
12. If the intervention was conducted at a group level (e.g., a whole hospital, a community, etc.) did the statistical analysis take into account the use of individual-level data to determine effects at the group level?	NA	NA

CD, cannot determine; NA, not applicable; NR, not reported.

b) Quality Assessment of Controlled Intervention Studies

Domain/Study	Enriquez-Navascues et al., 2020	Cuicchi et al., 2020	Marinello et al., 2021
1. Was the study described as randomized, a randomized trial, a randomized clinical trial, or an RCT?	Yes	Yes	Yes
2. Was the method of randomization adequate (i.e., use of randomly generated assignment)?	Yes	Yes	Yes
3. Was the treatment allocation concealed (so that assignments could not be predicted)?	NR	Yes	Yes
4. Were study participants and providers blinded to treatment group assignment?	No	No	Yes
5. Were the people assessing the outcomes blinded to the participants' group assignments?	No	CD	Yes
6. Were the groups similar at baseline on important characteristics that could affect outcomes (e.g., demographics, risk factors, co-morbid conditions)?	Yes	Yes	Yes
7. Was the overall drop-out rate from the study at endpoint 20% or lower of the number allocated to treatment?	Yes	Yes	No
8. Was the differential drop-out rate (between treatment groups) at endpoint 15 percentage points or lower?	No	Yes	No
9. Was there high adherence to the intervention protocols for each treatment group?	Yes	Yes	Yes
10. Were other interventions avoided or similar in the groups (e.g., similar background treatments)?	Yes	Yes	Yes
11. Were outcomes assessed using valid and reliable measures, implemented consistently across all study participants?	Yes	Yes	Yes
12. Did the authors report that the sample size was sufficiently large to be able to detect a difference in the main outcome between groups with at least 80% power?	No	No	No
13. Were outcomes reported or subgroups analysed prespecified (i.e., identified before analyses were conducted)?	Yes	Yes	Yes
14. Were all randomized participants analysed in the group to which they were originally assigned, i.e., did they use an intention-to-treat analysis?	Yes	Yes	Yes

CD, cannot determine; NA, not applicable; NR, not reported.